



News Release

P.O. Box 6015 • Columbia, MO 65205 • (573) 874-7460 • www.GoColumbiaMo.com

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Contact: Columbia Parks and Recreation, 874-7460

Columbia Parks and Recreation January Calendar

Call 874-7460 to register or for more information or visit www.GoColumbiaMo.com.

January

- 8-12 Advanced registration for adult winter volleyball, returning teams
- 9 Swim lessons begin, Session I, Hickman Pool
- 15 Dr. Martin Luther King Jr. Memorial Celebration, St. Paul AME Church, 7 pm
- 15-19 Open registration for adult winter volleyball, new teams
- 19 OAK/50+ Snowflake Dance, Parkade Center (east side), 601 Bus Loop 70W, 7-10 pm, \$3
- 20 Swim lessons begin, Session I, ARC

New Year Celebration

Thursday, Jan. 4, 10 am, age 3-6
Parkade Center, \$5

Little Explorers: B&B Bagels Tour

Tuesday, Jan. 9, 10 am, age 3-6
124 Nifong, \$2

Cardio/Strength Training Orientation

Tuesday, Jan. 9, 5:30-6:30 pm, age 14-adult
ARC, \$5

Parent/Child Swim

Tues/Thurs, Jan. 9-Feb. 1, 6:30 pm, minimum age 6 months
Hickman Pool, \$35

Learn to Swim

Tues/Thurs, Jan. 9-Feb. 1, 6:30 or 7:20 pm, minimum age 3 years
Hickman Pool, \$40

Intro to Web Design

Wednesday, Jan. 10-31, 7-8:30 pm, age 16-adult
ARC, \$32

Armory Science Klub (ASK)

Thursday, Jan. 11-Feb. 15, 6-7 pm, 2nd and 3rd graders
Armory Sports Center, \$10

Pee Wee Jazz and Ballet

Saturday, Jan. 13-27, 9:30-10:30 am, age 4-5
Parkade Center, \$34

Pee Wee Poms

Saturday, Jan. 13-27, 10:45-11:45 am, age 4-5
Parkade Center, \$34

Beginning Cheerleading

Saturday, Jan. 13-27, 12-1 pm, age 6-10
Parkade Center, \$34

Sports Preparation

Monday, Jan. 15, 5:30-6:45 pm, age 9-15
ARC, \$15 ARC Annual Member, \$20 Non-member

Intermediate Guitar

Monday, Jan. 15-Feb. 19, 6:30-7:15 pm, age 12-adult
Riechmann Indoor Pavilion at Stephens Lake Park
\$49

Senior Fitness

Tues/Thurs, Jan. 16-25, 8:30-10 am, age 50 and older
ARC, \$20 ARC Annual Member, \$24 Non-member

Braille Fun

Tuesday, Jan. 16, 10 am, age 3-6
ARC, \$5

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Taekwon-Do

Tues/Thurs, Jan. 16-Feb. 22

Beginning, 6-7 pm

Intermediate, 7-8 pm

Advanced, 8-9 pm

Parkade Center

Ages: 7-adult

Fee: \$42

Cardio/Strength Training Orientation

Wednesday, Jan. 17, 9-10 am, age 14-adult

ARC, \$5

Olympic Style

Wednesday, Jan. 17, 5:30-6:45 pm, age 14-adult

ARC, \$15 ARC Annual Member, \$20 Non-member

Beginning Weight Training

Wednesday, Jan. 17, 6-7 pm, age 7-10

ARC, \$16 ARC Annual Member, \$20 Non-member

Painting for the Terrified

Thursday, Jan. 18-Feb. 22, 6-7:30 pm, age 18-adult

Parkade Center, \$42 + \$10 material fee

Junior Taekwon-Do

Thursday, Jan. 18-Feb. 22, 6-7 pm, age 5-6

Parkade Center, \$32

Intro to Foil Fencing

Thursday, Jan. 18-Feb. 22, 6:30-8 pm, age 10-17

Rock Quarry Park House, \$38

Beginning Guitar I for Kids

Thursday, Jan. 18-Feb. 22, 6:30-7:15 pm, age 7-11

Riechmann Indoor Pavilion at Stephens Lake Park,

\$49

Beginning Guitar I for Adults

Thursday, Jan 18-Feb. 22, 7:30-8:15 pm, age 12-adult

Riechmann Indoor Pavilion at Stephens Lake Park, \$49

Adult Beginning Foil Fencing

Thursday, Jan. 18-Feb. 22, 8-9:30 pm, age 17-adult

Rock Quarry Park House, \$38

Speed Reading Made Easy

Saturday, Jan. 20, 9-11 am, age 15-adult

ARC, \$21.50

Parent/Child Swim

Saturday, Jan. 20-Mar. 3, 10:10 am, minimum age 6 months

ARC Water Zone, \$35

Learn to Swim

Saturday, Jan. 20-Mar. 3, 10:10 or 11:10 am, minimum age 3 years

ARC Water Zone, \$40

Intro to Guitar for Kids

Saturday, Jan. 20-Feb. 17, 11:30-12:30, age 7-11

ARC, \$35

Quick Study-Memory Mastery

Saturday, Jan. 20, 1-3 pm, age 15-adult

ARC, \$21.50

Best in the Web

Monday, Jan. 22-Feb. 26, 1:30-2:30 pm

Armory Sports Center, \$15

Soccer Strength and Speed

Mon/Wed, Jan. 22-24, 6-7:15 pm, age 11-17

ARC, \$30 ARC Annual Member, \$36 Non-member

Black Belt Taekwon-Do

Monday, Jan. 22, Feb. 5 and 19, 6-8 pm, age 7-adult

Parkade Center, \$42

Beginning Word Processing

Monday, Jan. 22-Feb. 26, 6:30-7:30 pm

Armory Sports Center, \$15

Preschool Picassos

Tuesday, Jan. 23-Mar 13, 10-11 am, age 2-5

ARC, \$44 + \$5 material fee

Intro to Computing

Tuesday, Jan. 23-Feb. 27, 1:30-2:30 or 6:30-7:30, all ages, Armory Sports Center, Free

Choose Your Own Weight Management

Wednesday, Jan. 24, 5:30-7:30 pm, age 18-adult

ARC, \$8 ARC Annual Member, \$12 Non-member

Knowing What Smart Students Know

Saturday, Jan. 27, 9-11 am, age 12-19

ARC, \$21.50

Simple Scrapbooking

Saturday, Jan. 27, 1-3 pm, age 12-adult

Parkade Center, \$12 + \$10 material fee

Score High on the ACT

Saturday, Jan. 27, 1-3 pm, age 14-19

ARC, \$21.50

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Cardio/Strength Training Orientation

Tuesday, Jan. 30, 5:30-6:30 pm, age 14-adult
ARC, \$5

Emotional Freedom Techniques

Wednesday, Jan. 31-Feb. 7, 6-8 pm on the 31st, 6-7
pm on the 7th, age 18-adult, Parkade Center, \$29

Beginning Tumbling

Wednesday, Jan. 31-Mar. 14 (skip 2/21), 7-8 p.m.,
age 6-10
Parkade Center, \$36